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Pierremont Pediatrics

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Newborn to 4 Weeks

Congratulations on your new baby! What a wonderful addition to your family! With this baby comes lots of joy; but there's also sleep deprivation, crying and worry. We are here to help you and to answer any questions you have. Below are some general guidelines about what to expect during this time period.

General Health

- It is best to sponge bathe your child until the umbilical cord stump has fallen off (around 2 weeks of age).
- Umbilical cord stump should be cleaned with alcohol swab 1-2 times a day until it falls off.
- Infants are often jaundiced (yellow coloring of the skin) during the first weeks of life. Your baby may need to come back to the office after discharge from the hospital to have a bilirubin level check. This involves a heel stick to obtain a blood sample. If you have concerns your baby might be jaundiced, please call and make an appointment.
- Your child should have received a Hepatitis B vaccine in the hospital, please notify us if you think they did not receive the vaccine.

Nutrition

- We highly recommend breastfeeding all newborn babies; but if you are not willing or able to breastfeed, there are many formula options. We can talk about this before you leave the hospital or when you visit our office.
- Newborns do not need water or solid foods at this time (no honey).
- Newborns should be feed every 2-3 hours around the clock. Most newborns will take 2-3 ounces of formula or nurse 10-15 minutes on each side.
- Some spitting up is normal, but please call us if you see large amounts of spit up, excessive fussiness or projectile vomiting.

Elimination

- Most newborns should have a wet diaper with each feeding. Some babies will have a stool with each feeding as well.
- Stools can range in color from yellow, green or brown.
- Breastfeeding babies often have looser, more frequent stools.
- It is normal for most babies to appear to strain with bowel movements.
- Call if your baby has not had a bowel movement in more than 48 hours, has hard stools, red or black stools or no wet diapers.

Sleep

- All babies should be placed on their backs to sleep—not on their sides or stomachs.

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- Do not have fluffy blankets or stuffed animals in the crib with your baby.
- Infants often sleep a lot and wake every 2-3 hours for feedings. Take advantage of your sleepy baby and sleep while the baby sleeps.
- Infants should sleep in their own cribs or bassinets in order to prevent possible injury/suffocation that could occur if someone is sleeping with them.

Behavior

- Talk to you baby often, making eye contact as much as possible. Enjoy this bonding time with your infant.
- Newborns should be able to raise their heads only slightly and should blink in reaction to light and respond to sounds.
- By 4 weeks old, babies should be able to follow objects with their eyes to mid-line.

Injury prevention

- Babies should ride in a car seat with 5 point restraint, rear facing in the back seat. For more information see the car seat safety information section of our website www.pierremontpediatrics.com.
- When bathing your baby, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. Never leave child unattended in a bath or around water.
- Do not microwave bottles, because hot spots form in the formula.
- Always test bottles after heating before feeding your baby.
- Have working smoke and carbon monoxide detectors in your house. Check the batteries often.
- Keep infants out of direct sunlight, no sunscreen at this age.
- Bug spray should not be placed directly on a newborn's skin but can be sprayed on a blanket and placed over the stroller or car seat for protection.
- Do not place car seat with an infant in it on a counter-top, washing machine or other elevated surface.
- Do not leave your baby unattended on a bed, sofa, changing table or other elevated surface.

“Come Grow With Us!”

Today's Date: _____ Age: _____

Name: _____

Weight: ____lb ____oz (____%)

Height: ____inches (____%)

Head Circumference: ____inches (____%)

My next appointment: _____